

# Raw Foods for Kids



By  
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&  
[Recipes For Raw Kids](#)

One of the most frequent questions I am asked is how to incorporate (or sneak) more fruits and veggies into kids (or sometimes hubby's) diet. Hey, I actually sometimes need to sneak more fruits and veggies into my own diet!

There has also been a recent push to incorporate more raw foods into our diets. It's easy to think raw foods – sure fresh fruits, carrots, celery etc. However, there is so much more available than that! I personally know that I need to eat less processed foods and more raw foods, but honestly raw foods just get boring! Really, how many recipes can you think of using fresh fruits, vegetables and maybe a few nuts? That is until today... Today I discovered an incredible e-book that I want to share with you. I grabbed a copy thinking it wouldn't be too exciting, but I may as well check it out. Well... I was wrong! I love it! The book is called [Recipes for Raw Kids](#) (but it's great for adults as well.) I already have a few recipes marked that I want to try in the coming week. And with little to no cooking involved – they're going to be quick and easy as well!

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Here is a bit of info about analyzing if your kids (or you) are eating enough raw foods.

## Are Your Kids Eating Enough Raw Foods?

There are so many diets being touted as the best for optimal health it is hard to keep it all straight. One thing is for sure...the Standard American Diet (SAD) and the food pyramid are flawed to say the least. Kids today are not getting adequate nutrition and they are suffering as a result. Children are being diagnosed with ADD, ADHD, asthma, allergies, autism, diabetes, and afflictions that used to be found in adults only. Children as young as two years old have been found to have plaque in their arteries already. Something important is missing...but what is it?



Think about how humans were designed. What did we eat for years before the advent of modern convenience foods? What is it that we are eating or rather NOT eating that is causing human health to decline with every passing year? Why are our bodies and our children's bodies wearing out so fast and getting so sick?

As a species we have gotten away from the foods we are supposed to eat, living raw foods. The

living foods or raw foods diet generally includes vegetarian/vegan foods but goes a step beyond and also eliminates cooked and processed foods. Raw diet enthusiasts know that living foods have life giving enzymes that are destroyed during processing and cooking, rendering those foods indigestible unless our body raids its own finite enzyme stores. Without those enzymes we can't digest our food or extract the components that keep us alive and healthy. Cooking and processing also kills 50-75% of the nutrients in food as well so when we cook food we are rendering it half as healthy as it once was.

So what do raw food proponents eat? A typical raw food diet consists mainly of uncooked and unprocessed grains, vegetables, nuts, sprouts, fresh and dried fruits, seeds, beans, and seaweed. Raw diets also usually include a lot fresh juices and water. In simple terms...eating raw food means eating food in its purest form...the way nature made it. If you throw a cheese puff on the ground and water it, nothing will grow. It has no life inside it. If you throw a dehydrated flax seed cracker on the ground and water it, you may very well end up with flax plants.

Those who follow raw foods diets believe that this way of eating reduces risk for heart disease, cancer, and diabetes and greatly improves their energy levels, skin appearance, digestive processes, and weight loss efforts. Many amazing raw food healing stories abound.

Many people neglect the importance of raw foods and cook everything. In the long run you are risking serious health problems. Cooked foods are not the healthiest option. The body cannot properly digest foods that have been fried, pasteurized, barbecued, dried or other over-processed and over cooked foods. Eating a wide variety for raw foods is very important. A daily diet should consist of at least 50% raw foods for a proper functioning body. Are your kids eating 50% of their total diet it is purest, raw form?

If not you can start doing something about it now. The Recipes for Raw Kids un-cookbook has 80+ pages of raw food info and recipes for kids. This recipe book goes beyond carrot sticks and trail-mix with divine recipes kids will love, like Lemon Cookies and sweet Chickpea Crunchies. If you are ready to give your kids the power of raw, living foods, make sure to [check it out](#).



So as you can see, there are many benefits to eating raw foods, and my guess is that most of us aren't eating enough. Now, I'm not willing to say that I am going to switch to a 100% raw food diet. However, I am willing to try to add at least 1-2 raw recipes into my diet each day.

I was so excited about this "un-cookbook", that I asked Tiffany - the author of "Recipes For Raw Kids" if I could have special permission to share a few recipes out of the book with my customers. She did grant me permission, so here are just a couple that are first on my "try list".

## Popeye's Favorite Smoothie

### **What You Need:**

- 2 C spinach leaves
- 1 stalk celery
- 1 ripe banana
- 1 C frozen strawberries
- 1 C frozen pineapple
- 16 ounces of water

### **How to Make It:**

Combine all ingredients and mix until smooth. Enjoy!  
Instead of spinach you can also use collard greens, parsley, beet leaves, carrot tops, dandelion greens, kale, and others. Rotating the type of greens you and your kids eat is always a good idea.

**Tip:** Freeze inside Popsicle molds for homemade Popsicles!

## Raw Spaghetti

### What You Need:

2 green zucchini or spaghetti squash  
6 plum tomatoes  
1 small onion, chopped  
2 T Sun Dried Tomato Paste – dried tomato soaked and pureed with water  
1 garlic clove  
1 large red pepper  
½ tsp ground oregano  
½ tsp lemon juice  
½ tsp honey  
1 tsp Celtic sea salt

### How to Make It:

Slice zucchini or spaghetti squash into thin spaghetti like strips using a spiral slicer or similar machine.

Combine the rest of the ingredients in a blender or food processor and pour on top of the “spaghetti”.

**Tip:** Also try the Creamy Basil Sauce on top of the spaghetti.

## Chocolate Banana Pops

### What You Need:

Bananas  
Dried coconut  
Crushed nuts (any)  
Chocolate Syrup (see recipe)

### How to Make It:

Take bananas and skewer with kabob sticks. Coat them with chocolate syrup and roll in coconut and nuts. Put them in the freezer for several hours and enjoy!

Don't those look good? There are so many great recipes in this e-book it was hard for me to even pick which ones to share. So as you can see, I give this e-book "five stars" and I am sure you know by now that I don't recommend products lightly – you won't see a recommendation from me until after I have tried and product and actually like it. (Trust me I have reviewed many products that I haven't told you about, because I just didn't like them.) I encourage you to head on over to [Raw Kids Recipes](http://RawKidsRecipes.com) and pick up your copy today – it's a keeper!

